

Pistachio Halva Ice Cream

Prep Time: 10 minutes +
Wait Time: 1 hour

Cook Time: N/A

Makes: 4 servings

 Gluten-Free
 Nut-Free Optional



I recommend gathering all the ingredients and kitchen equipment you need, washing your veggies, etc. before starting to cook!

Ingredients

- 4 peeled and frozen bananas*
- ½ cup coconut, oat, almond or soy milk
- ½ cup tahini
- 4 pitted dates
- 1 tbsp maple syrup
- ½ tsp cinnamon powder
- ½ tsp cardamom powder
- A pinch of sea salt

Toppings:

- ¼ cup roughly chopped pistachios*
- 2 tbsp chocolate chips (optional)
- 1 tbsp shredded coconut (optional)

Equipment List

- Blender or food processor
- Shallow wide container
- Measuring cups & spoons

Recipe Notes:

- I like to keep peeled bananas, cut into small pieces, in my freezer. They come in handy!
- For a nut-free option, omit the pistachios.
- You can add other nuts like walnuts & cashews, or any other toppings you like.
- If you choose to keep the ice cream in the freezer for longer than 3 hours, make sure to pull it out of the freezer ½ hour prior to serving as it will have become quite solid.

Instructions

Soak the dates in warm water for a few minutes, then drain.

Place the bananas and milk in a blender or food processor and process.

Add the rest of the ingredients, except for the toppings, and process into a creamy texture.

Transfer into a shallow wide container.

If desired, top with pistachios, chocolates chips, and shredded coconut.

Place in the freezer for 1 hour before serving.